

Sciatica

Degenerative disc disease

While some level of disc degeneration is a natural process that occurs with aging, for some people one or more degenerated discs in the lower back can also irritate a nerve root and cause sciatica.

Isthmic spondylolisthesis

This condition occurs when a small stress fracture allows one vertebral body to slip forward on another; for example, if the L5 vertebra slips forward over the S1 vertebra.

Lumbar spinal stenosis

This condition commonly causes sciatica due to a narrowing of the spinal canal. Lumbar spinal stenosis is related to natural aging in the spine and is relatively common in adults older than age 60. The condition typically results from a combination of one or more of the following: enlarged facet joints, overgrowth of soft tissue, and a bulging disc placing pressure on the nerve roots, causing sciatica pain. Lumbar spinal stenosis commonly occurs along with spinal arthritis, and arthritis can also cause or contribute to sciatica symptoms.

Piriformis syndrome

The sciatic nerve can get irritated as it runs under the piriformis muscle in the buttock. If the piriformis muscle irritates or pinches a nerve root that comprises the sciatic nerve, it can cause sciatica-type pain.

Sacroiliac joint dysfunction

Irritation of the sacroiliac joint—located at the bottom of the spine—can also irritate the L5 nerve, which lies on top of the sacroiliac joint, causing sciatica-type pain. Again, this is not a true radiculopathy, but the leg pain can feel the same as sciatica caused by a nerve irritation.

More Causes of Sciatica and Sciatica-Type Symptoms

In addition to the most common causes, a number of other conditions can cause sciatica, including:

- **Pregnancy.** The changes the body goes through during pregnancy, including weight gain, a shift of one's center of gravity, and hormonal changes, can cause sciatica during pregnancy.
- **Scar tissue.** If scar tissue—also called epidural fibrosis—compresses to a lumbar nerve root, it can cause sciatica.
- **Muscle strain.** In some cases, inflammation related to a lower muscle strain and/or muscle spasm can put pressure on a nerve root and cause sciatica pain.
- **Spinal tumor.** In rare cases, a spinal tumor can impinge on a nerve root in the lower back and cause sciatica symptoms. It is possible for tumors to originate in the spine, but more commonly spinal tumors develop as cancer from a different part of the body metastasizes and spreads to the spine.
- **Infection.** While rare, an infection that occurs in the low back can affect the nerve root and cause sciatica.
- **Fracture.** If a fracture occurs in a lumbar vertebra, it is possible for symptoms to include sciatica. Most fractures occur because of a serious trauma (such as a car accident or a fall) or because the bone has become weak due to osteoporosis or another underlying condition or medication.
- **Ankylosing spondylitis.** This condition is characterized by chronic inflammation in and around the spine. Often symptoms first show up in the sacroiliac joints, causing sacroiliitis, and symptoms may include sciatica.

The above is not a complete list. It is important to know the underlying clinical diagnosis of the cause of sciatica, as treatments will often differ depending on the cause.

Sciatica symptoms vary based on where the compressed nerve root is located. For example:

- **L4 nerve root sciatica** symptoms usually affect the thigh. Patients may feel weakness in straightening the leg, and may have a diminished knee-jerk reflex.

- **L5 nerve root sciatica** symptoms may extend to the big toe and ankle (called **foot drop**). Patients may feel pain or numbness on top of the foot, particularly on the "web" of skin between the big toe and second toe.
- **S1 nerve root sciatica** affects the outer part of the foot, which may radiate to the little toe or toes. Patients may experience weakness when raising the heel off the ground or trying to stand on their tiptoes. The ankle-jerk reflex may also be reduced.
- **Alternative treatments::**
Chiropractic/manual manipulation
 Spinal adjustments and **manual manipulation** performed by appropriately trained health professionals, such as **chiropractors and osteopathic physicians**, are focused on providing better spinal column alignment, which in turn is designed to help address a number of underlying conditions that can cause sciatic nerve pain.

Manual manipulation by appropriately trained health professionals can create a better healing environment and should not be painful.

Read more: [Chiropractic Treatments for Lower Back Pain](#)

- **Acupuncture**
 This practice is centered on the philosophy of achieving or maintaining well-being through the open flow of energy via specific pathways in the body. Hair-thin needles (which are usually not felt) are inserted into the skin near the area of pain.

Acupuncture has been approved by the U.S. Food and Drug Administration (FDA) as a treatment for back pain, and the National Institutes of Health has recognized acupuncture as effective in relieving back pain, including sciatica.

- **Cognitive behavior therapy**
 This therapy for taking control and changing self-defeating behaviors can be helpful in managing sciatica pain, particularly in the short term. Sessions with a therapist may be face-to-face or online.
- **Massage therapy**
 Certain forms of massage therapy have been shown to have a number of benefits for back pain, including increased blood circulation, muscle relaxation, and release of endorphins (the body's natural pain relievers).

<http://www.spine-health.com/conditions/sciatica/sciatica-causes>

<http://www.spine-health.com/wellness/exercise/sciatica-exercises-sciatica-pain-relief>

Specific diagnosis. Most exercise programs will be tailored to address the underlying cause of the patient's sciatic pain, such as a [lumbar herniated disc](#) or [spinal stenosis](#).

In This Article:

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- **Sciatica Exercises for Sciatica Pain Relief**

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- [Sciatica Causes and Exercises](#)
 - [Exercise for Sciatica from a Herniated Disc](#)
 - [Exercise for Sciatica from Spinal Stenosis](#)
 - [Exercise for Sciatica from Degenerative Disc Disease](#)
 - [Exercise for Sciatica from Isthmic Spondylolisthesis](#)
 - [Stretches and Exercise for Sciatic Pain from Piriformis Syndrome](#)
 - [Sacroiliac \(SI\) Joint Exercises for Sciatic Pain](#)

<http://www.webmd.com/back-pain/guide/back-pain-treatment-care>

Treatment

Back Pain Medication Chart

Find out the benefits and risks of many different back pain medications.

Chiropractic Care and Back Pain

Get answers to your chiropractic questions -- including information on chiropractic treatments to the controversy surrounding some of these treatments.

TENS and IDET for Back Pain

Learn how electrical nerve stimulation and electrothermal therapy are used to help relieve back pain.

Bioelectric Therapy for Back Pain

For some types of back pain, blocking pain messages sent to the brain can help.

Nerve Blocks for Back Pain

Find out when a nerve block can help ease back pain.

Spinal Stimulation for Back Pain

Read about electrical treatment for back pain.

Back Pain and Acupuncture

Learn how acupuncture can help with back pain and why certain points on the back are chosen for acupuncture.

TENS for Back Pain

Learn what the TENS machine is, why it is used to treat back pain, how it works, and much more.

Sciatica Pain Relief

Learn about pain relief options for people with sciatica.

Injections for Back Pain Relief

Learn about the different types of injections you can use to help treat back pain and how these injections are given.

Laminectomy

Laminectomy is one of the most common back surgeries.

Spinal Decompression Therapy

For back pain, some people turn to spinal decompression therapy -- either surgical or nonsurgical. Here's what you need to know to help decide whether it might be right for you.

- herbs

1.

1. Turmeric for Sciatica Pain Treatment

Turmeric has received a lot of play lately for its anti-inflammatory benefits. But its record in natural health is long -standing. Thanks to harnessing anti-inflammatory properties, turmeric can help relieve sciatica pain and swelling by lowering levels of certain inflammation-fueling enzymes. Ingest it as a tea, use it in your cooking, or even apply it topically in a paste for the best benefits.

This is just one of many health benefits of turmeric.

2. Jamaican Dogwood

Derived from bark of the dogwood tree, Jamaican dogweed is a powerful substance used to relieve nerve pain. It can be taken as a supplement in capsule form or applied as a tincture. Jamaican dogwood should not be used by pregnant or lactating women, however.

3. St. John's Wort Oil

A yellow-flowered plant used medicinally since the time of ancient Greece, St. John's Wort has been used throughout history to treat nerve pain. Having anti-inflammatory, astringent, antibacterial, and antioxidant properties, the herb is one of many known for helping to regenerate nerve tissue and relieve pain associated with sciatica.

4. Garlic

Like turmeric, garlic also has amazing anti-inflammatory properties, making it a great sciatica pain treatment. Increase your use garlic in all your dishes, but also consider taking the cloves directly as a supplement. Four raw cloves each morning can go a long way to fight pain (and also to boost your immune system). The benefits of garlic truly are amazing.

Sciatica pain can be effectively managed naturally. By combining herbal remedies with regular physical activity and stretching, you can potentially relieve much of your pain and discomfort. Yoga, swimming, and even walking are some additional sciatica pain treatment tips.

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You could also try arnica, a time-tested homeopathic remedy for all sorts of aches and injuries. It can be found online through several homeopathic vendors and is offered both in the traditional homeopathic oral solution or in creams and rubs.

<http://naturalsociety.com/4-herbs-for-sciatica-pain-treatment/#ixzz4DCEJqQPq>
http://www.naturalnews.com/037907_sciatic_pain_herbs_Jamaican_dogwood.html

2.

The herbal medication devil's claw is "quite a potent anti-inflammatory, working like ibuprofen and similar drugs to inhibit substances that drive inflammation," says Low Dog. She generally starts patients on 1,500 to 2,000 mg twice a day. Look for a brand that has a standardized extract of roughly 50 mg of harpagoside, the active compound. Safety reviews show that the supplement is well tolerated by most people but should be avoided by patients with peptic ulcers or on blood-thinning medications. <http://www.prevention.com/health/health-concerns/best-treatments-sciatic-nerve-pain>

3.

Chinese medicines <http://www.itmonline.org/arts/sciatica.htm>

Licorice , ginger, turmeric, rhemannia

Hi my friend has sciatica, the last time i was in your store i saw a bottle of tablets or pills, containing i think 1 or two herbs for sciatica?

1.just wondering what those herbs were

2.and what that bottle of pills was called,

3.and what company makes them.

- blue oil, peppermint oil, try some powerful essential oils directly pressing into the area

- mantra kundalini for ganglia middle nervous system

- exercise; chiropractic's is last resort after months of energy self healing. Kundalini then chi (with chi already starts crackings and jerking of energy through the stuck area), reiki, to prana. If you do that for months and it is still stuck then cracking of chiropractic's may be required. Chiropractic's is often a last resort not first resort.

YOGA LEG STRETCHING WHILE GROUNDING ON EARTH.

3 consultations from me to begin with at 880 peso (\$40) each. Hand written research documents on your 1 illness. Weekly*3. 2640 peso complete payment. Benjamin couwenberg. 099189103.

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